

HE HAS HAD GRAND CROPS

And Likes the Laws in Western Canada.

"I lived near Lee, Illinois, for 46 years. I came to Saskatchewan in the spring of 1912 and bought land near Briercrest. I have farmed this land, 1680 acres, ever since. I have had grand crops. In 1914 I had 100 acres of wheat that yielded 40 bushels to the acre. I sold this wheat at \$1.50 per bushel. I like the country and my neighbors. My taxes on each quarter section (160 acres) are about \$32 a year. This covers municipal tax, school tax, hail insurance tax—everything. There is no war tax so-called. I like the laws in force here. There is no compulsion to me in any way. I am just as independent here as I was in Illinois, and I feel that my family and I are just as well protected by the laws of the province as we were in our old home in Illinois. What I earn here is my own. I have seven children and they take their places at school, in sports and at all public gatherings the same as the Canadian born.

There is No War Tax So-Called.

(Sgd.) M. P. Tysdal,
"February 9th, 1916."

We reprint the following article, complete, without comment, from the latest number of the "Saskatchewan Farmer," an agricultural paper published at Moose Jaw, Saskatchewan:

Former Iowa Farmers Are Doing Well in Canada.

"The attempt to check emigration from the United States to our prairie provinces by publishing alarming statements about the enormous war taxes that are being paid here—about forcing young men to enlist for the war; about the cold, no crops and any old story that by its extravagant boldness might influence men and women from venturing north to Canada, is really in the list of curios to our people. Knowing the country, we can hardly take it seriously. Our governments, however, dominion and provincial, are taking steps to expose the false statements that are being made, and thereby keep the channel open for continuing the stream of settlers that has been flowing to us for the past decade.—Advertisement.

When a man offers you something for nothing, you will save money by going out of your way to avoid accepting it.

Druggist Gives Highest Praise to Kidney Medicine

For the past fifteen years I have been selling Dr. Kilmer's Swamp-Root and my customers are always satisfied with the results obtained from its use and they speak in the highest terms regarding Swamp-Root. I have used it in my own family and the results were the most favorable. I believe it is a fine medicine for kidney, liver and bladder diseases and I always recommend it for such troubles.

Very truly yours,
CHAS. BRUTON, Druggist,
Jan. 5th, 1916. Dover, Tenn.

Letter to Dr. Kilmer & Co., Binghamton, N. Y.

Prove What Swamp-Root Will Do For You. Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv.

No matter what a man has done, the world soon forgets him unless he keeps right on doing.

NEW TREATMENT FOR ASTHMA

Relief in Every Rub

To quickly ease the struggle for breath, stop the wheezing and bring blessed relief, ask your druggist for an original yellow box of true Mustarine which costs about 25 cents. Apply plentifully night and morning, and remember to rub up and down only, over the entire chest from the throat to the stomach. True Mustarine is made by the Berg Medicine Co., Rochester, N. Y. It is also fine for Rheumatism, Lumbago and Neuralgia. Get the genuine.

The annual mineral output of British Columbia aggregates about \$30,000,000.

The duke of Orleans is devoted to exploring.

French soldiers at the front are allowed one pint of wine a day.

MAKING STOCKS AND SOUPS

Important Part of Dinner Preparations to Which Extreme Care Should Be Given.

Brown soup stock is made from beef and vegetables or veal, beef, fowl and vegetables. Veal with onion and celery seasonings make white stock, or chicken and veal together with celery, onion and seasonings make white stock. Cream soups are generally made without stock, milk or cream being liquids used and foundation from fish or vegetables. Chicken stock is made from fowl, resembles white stock, but is not so rich. Don't expect a soup to be good unless it is properly seasoned, and a good, tasty soup is not made with a pound of meat and a gallon of water. Patience and good material are necessary factors in good soup making. Cut the meat in small pieces, cover with cold water, let stand one hour, then heat gradually. This method draws out all the nutritive and flavoring qualities of the meat. Allow one pint of water to each pound of bones and meat, or about three-quarters meat and small portion of bone.

If soup is to be made from scraps of cold meat, you should add fresh meat to give added flavor. Sweet herbs for seasoning are necessary and are composed of parsley, bay leaf, cloves, peppercorns, thyme and marjoram. If you desire a clear soup, do not let stock boil rapidly. Long, slow cooking is necessary. Stock with coating of fat will keep a week in cold weather and several weeks in cold weather.

To Clear Soup Stock.—Take white and shell of one egg for every two quarts of strained stock. Beat white, add crushed shell to cold stock, pour into kettle and stir constantly until boiling point is reached. Boil three minutes without stirring, then simmer gently for ten minutes. Strain through fine sieve and cheesecloth. Repeat as needed and serve. If these directions are followed an absolutely clear soup will be the result.

Vegetable Croquettes.

Beans, peas or lentils shaped into croquettes make a nice supper or luncheon dish. If beans or peas are used add to one pint cooked, drained and mashed through a sieve a tablespoonful each of vinegar, molasses and butter, and salt and pepper to taste; when cold form into balls, dip in egg and bread crumbs and cook in deep fat. To make lentil croquettes: Soak a cupful and a half of lentils; add them to the water in which has been cooked a stalk of celery, a few sprigs of parsley, a small carrot and half an onion; drain, mash all through sieve and add a cupful of grated bread crumbs, one beaten egg and pepper and salt to taste. Make a sauce by creaming two tablespoonfuls of butter with two-thirds of a cupful of milk, bring to a boil, add lentil mixture and form into croquettes. Fry in deep fat.—Woman's World

Silver Parfait.

Boil one cupful of sugar in one cupful of water until it threads. Pour it over the stiffly beaten whites of three eggs and beat again. When cool add one pint whipped cream, flavor with two teaspoonfuls of any kind of flavoring desired. Pack in ice and salt and let stand until firm. One day for a company dinner I picked a few choice strawberries, mashed in a sieve and added whole, have also added cherries whole, and the effect is very pretty.—Exchange.

Nut Bread.

A good recipe for nut bread is made up of two cupfuls of white flour, sifted, two cupfuls of graham or entire wheat flour, one-half cupful of New Orleans molasses, a little salt, two cupfuls of milk or water, one cupful of walnut meats cut fine, a teaspoonful of soda dissolved in milk, and about two tablespoonfuls of melted butter. Let rise 20 minutes and bake about one hour in a moderate oven.

Chocolate Rice Cream.

Wash the rice (Carolina rice of good quality) and cook gently in milk with a piece of stick vanilla and some sugar until thoroughly swelled and tender. Remove the vanilla. When cool stir in enough cream to make the rice like a thickish lumpy-looking custard. Place in custard glasses and scatter powdered chocolate over. To four ounces of rice allow one and three-quarters pints of milk and four tablespoonfuls of sugar. Use a double milk saucepan and cook long and slowly.

Lemon Pie.

Take one lemon grated rind and juice, one cupful sugar, one cupful milk, two tablespoonfuls flour, two eggs, butter size of an egg, separate yolk from the whites, mix yolks with sugar and flour, add milk and melted butter. Beat the whites stiff and add last. Put in deep pie plate and bake very slowly 40 minutes.

To Prevent Blankets Shrinking. After washing woolen blankets dry them on curtain stretchers to prevent them from shrinking.

A Reminder.

Dealer—This is the best parrot we have, but I wouldn't sell him without letting you know his one fault; he'll grumble terribly if his food doesn't suit him.

Miss Fitz—I'll take him; it will seem quite like having a man in the house.

CLEAR RED PIMPLY FACES

Red Hands, Red Scalp With Cuticura Soap and Ointment. Trial Free.

The soap to cleanse and purify, the Ointment to soothe and heal. Nothing better, quicker, safer, surer at any price for skin troubles of young or old that itch, burn, crust, scale, torture or disfigure. Besides, they meet every want in toilet preparations.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Sometimes a man longs for tomorrow because he is ashamed of what he didn't do today.

Whenever You Need a General Tonic Take Grove's

The Old Standard Grove's Tasteless Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. 50 cents.

Not Always.

"Do you always wear lovely frocks?"
"Not after one a. m."—Judge.

Dr. Pierce's Pleasant Pellets are the original little liver pills put up 40 years ago. They regulate liver and bowels.—Adv.

A Bad Scare.

A Southern man tells of a darky named Theophilus Baxter, known as "the champion banjo player of Alabama."

Wishing to afford a Northern friend an example of real darky music, a Mobile woman went to Baxter's house with a view to enlisting his services at a musical function. She found his wife instead.

"Very sorry, Missy," said Baxter's spouse, "but Theophilus he ain't playin' de banjo any more. He jest puts in all his time fishin' now."

"What led him to give up his playin'?" asked the disappointed caller.

"Has he got religion?"

"No, Missy, he ain't got religion, but he's done got skeered."

"Scared? Of what?"

"Of dat minstrel show, honey. De boss learns dat my ole man kin play, an' he offers him a stiddy job doin' it. Yassum, an' it skeered Theophilus so bad dat he quit banjo playin' right away."

Out of Sight.

"Say," said the landlord to the tenant who was two months shy with his rent, "when am I going to see the color of your money?"

"Can't say," replied the party of the second part. "The color just now is an invisible green." — Indianapolis Star.

Possibly an honest man might be otherwise if an opportunity worth while were to knock at his front door.

WISE HOSTESS

Won Her Guests to Postum.

"Three great coffee drinkers were my old school friend and her two daughters.

"They were always complaining and taking medicine. I determined to give them Postum instead of coffee when they visited me, so without saying anything to them about it, I made a big pot of Postum the first morning.

"Before the meal was half over, each one passed up her cup to be refilled, remarking how fine the 'coffee' was. The mother asked for a third cup and inquired as to the brand of coffee I used. I didn't answer her question just then, for I heard her say a while before that she didn't like Postum unless it was more than half coffee.

"After breakfast I told her that the 'coffee' she liked so well at breakfast was pure Postum, and the reason she liked it was because it was properly made.

"I have been brought up from a nervous, wretched invalid, to a fine condition of physical health by leaving off coffee and using Postum.

"I am doing all I can to help the world from coffee slavery to Postum freedom, and have earned the gratitude of many, many friends." Name given by Postum Co., Battle Creek, Mich.

Postum comes in two forms: Postum Cereal—the original form—must be well boiled. 15c and 25c pks.

Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

Both forms are equally delicious and cost about the same per cup.

"There's a Reason" for Postum.

—sold by Grocers

BREAD MADE IN A HURRY

Just as Good as When Done in the Ordinary Way and Quickly Ready for the Table.

Break two cakes of yeast into one cup of water at blood temperature. Put a tablespoonful of sugar on the yeast to stimulate its quick growth. While this soaks, warm two cupfuls of milk with one cupful of water. This, with the water over the yeast, makes a quart of wetting, sufficient for four loaves.

In a large mixing bowl put several sieves of flour and make a depression in the middle of the flour, into which put a level tablespoonful of salt and a heaping tablespoonful of lard. Pour the liquid and the yeast upon the flour and mix with the hands, working the flour from the outside into the liquid in the middle of the mass. Make a stiff dough and lift the ball out, putting away any remaining flour for future use. If the flour is granular, let the dough lie on the board for ten minutes, covered with a warm bowl, that the flour may properly absorb the moisture. If the flour is not granular, this wait is not necessary.

Now shape the dough without kneading, lay the ball in a buttered bowl, and butter the surface of the dough to keep it soft. Cover and let it double in a warm place, an hour to an hour and a half. If you wish still further to hurry it, set the bowl in warm water and place a smaller bowl of warm water on the lid of the large bowl containing the dough.

When doubled, shape quickly into the baking pans for the second rising and bake when again light. This recipe is excellent for use when one must have bread in a hurry. Half of the dough may be made into crusty rolls.

TO WASH WINDOWS QUICKLY

As in Most Other Cases, There is a Right and a Wrong Way of Doing It.

Take a large cloth, a yard long, pat it into a close swab like a sponge. Wet sopping, but not dripping, with water. Dent the center and pour in kerosene and sop it into the face of the cloth. With this swab quickly wash the outside of the windows to loosen all flyspecks, dust, old paint or alkaline deposit. Follow at once with a large, soft and dry cloth.

The first cloth leaves it smeary, but the polishing will make it very clean and shiny. This first swab will clean a large number of windows, simply turning so as not to scratch the glass with the dust on it. The polishers need not be renewed until damp.

The windows become very brilliant and clean and there is no freezing of water, or wetting the hands, as gloves can be worn. Especially good in cold or windy weather.

The same method can be used inside. Pure kerosene can also be used, but the above combination appears to more quickly soften the varieties of deposit.

Keep Cupboards Clear.

The majority of women do not seem to realize the danger there is in accumulations in closets. The dust and lint from old clothes are very inflammable. Lighting a match to look for some article in a crowded closet, or taking a candle into such a place often causes fire. Old clothing, rags, waste paper and every sort of rubbish should be cleared out of closets. A spark in a dusty closet has been known to ignite a whole building; even an accumulation under bureaus and sofas is dangerous. If you do discover a fire in your closet close the door and get a bucket of water and a broom. "A wet broom is the best fire extinguisher ever invented," said an official of the fire department. "You can throw a solid sheet of water with it or only a spray; you can beat a fire out with a broom or you can pull down a blazing curtain with it."

Stuffed Onions.

Place eight large Bermuda onions, peeled and washed, in a baking dish. Cover with boiling water slightly salted. Bake them half an hour or till a wire will pierce them, then turn off the water, then with a sharp, thin-bladed knife take out the heart without breaking the outer walls. Fill the cavity with minced cold chicken and fine bread crumbs, seasoned with melted butter. Sprinkle crumbs, buttered, over the dish until it almost touches the top of the onions. Cover them and bake half an hour.

Celery Cutlets.

Mix together one cupful of cold baked beans, one cupful of chopped celery, two tablespoonfuls of melted butter, two beaten eggs, one scant teaspoonful of lemon juice, salt and pepper. Shape into cylinders, roll in cracker dust and fry in deep fat.

To Freshen Stale Bread.

So that it will be like new, dip the loaf in cold water, put it in a pan, bake it until it is heated through; then wrap it in a damp cloth and, when cold, it will be like fresh bread.

Stop That Ache!

Don't worry about a bad back. Get rid of it. Probably your kidneys are out of order. Resume sensible habits and help the kidneys. Then, kidney backache will go; also the dizzy spells, lameness, stiffness, tired feelings, nervousness, rheumatic pains and bladder troubles. Use Doan's Kidney Pills. Thousands recommend them.

A Kentucky Case

Mrs. Harriet Davis, Ann St., Mayfield, Ky., says: "When I sat in a chair for a short time I couldn't get up without a limp and frequently I couldn't attend to my work. I kept growing worse and in the spring of 1903, was taken with hemorrhages of the kidneys. I had medical attention and tried every means possible to get relief, but grew worse. Finally, I used Doan's Kidney Pills and they cured me."

Get Doan's at Any Store, 50c a Box.
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

Cause and Supply.

"What a fire-eater Jiggins is!"
"Yes; accounts for his constant supply of hot air."

In the Trenches.

Gaston—Mon dieu! and what shall we do if the water freezes?
Sandy—Sit down, ye fool!—Lampoon.

The bigger a man is the less his wife is afraid of him.

Sold Under a Binding Guarantee

Money Back If It Fails

For Man or Beast

HANFORD'S Balsam of Myrrh

For Cuts, Burns, Bruises, Sprains, Strains, Stiff Neck, Chills, Blains, Lamé Back, Old Sores, Open Wounds, and all External Injuries. Made Since 1846. Ask Anybody About It. Price 25c, 50c and \$1.00.

All Dealers C. C. Hanford Mfg. Co. SYRACUSE, N. Y.

Constipation Vanishes Forever

Prompt Relief—Permanent Cure

CARTER'S LITTLE LIVER PILLS never fail. Purely vegetable—act gently on the liver. Stop after dinner distress—cure indigestion, improve the complexion, brighten the eyes. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.

THE LAME HORSE is never cured whose owner reads and doubts.—BUT FAILS TO ACT.—Here is a case in Point.—And what happened to this Subscriber is Taking Place with Thousands.

Letter No. 1. Orleans, Vermont, April 26th, 1915. Troy Chemical Co., Binghamton, N. Y.—Your ad. has given me courage to try again. I have a valuable piece of property that I have been unable to use for two years ago he went lame. I tried every remedy and Doctors have blistered three times for grain and twice for colic. The symptoms are—etc., etc. I determined to see what you think. HALE MASON.

Letter No. 2. Orleans, Vt., May 2nd, 1915.—I received your letter and book yesterday and believe you are right about its being a lame leg. I was so encouraged I drove eight miles and bought a bottle of Fred D. French, druggist at Barton, and will closely follow your special instructions. Thanking you for your quick reply to my first letter, I remain, Letter No. 3.

Orleans, Vt., Oct. 2, 1915.—Perhaps you expected to hear from me before, but I have been waiting to see if any trouble would return after stopping the treatment. I am pleased to say the horse is well. I cannot thank you enough for your interest and the advice you gave. If I had known about it two years ago I would have saved me a lot of money. Yours respectfully, HALE MASON.

Save The Horse Has stood alone and unique among veterinary remedies for over twenty years. No blistering or loss of hair. Horse works as usual. Every bottle sold with Signed Contract Bond to return money if remedy fails on Ringbone-Thoroughbred-FAY—see ANY Shoulter, Knee, Ankle, Hoof or Tendon Disease.

But write. BOOK, Sample Contract & ADVICE—ALL FREE (to Horse Owners & Managers). Address TROY CHEMICAL CO., 5 Commerce Ave., Binghamton, N.Y.

Druggists everywhere sell Save The Horse with CONTRACT or we send by Parcel Post.

THE HORSE with CONTRACT or we send by Parcel Post.

PARKER'S HAIR BALM. A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c and \$1.00 at Druggists.